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# Healthy

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# School Meals...

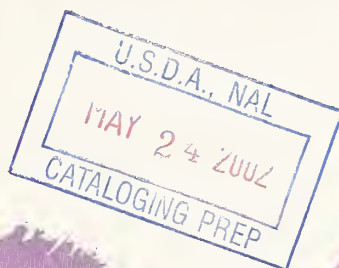
# Healthy

# Kids!

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A Leadership  
Guide  
for School  
Decision-Makers

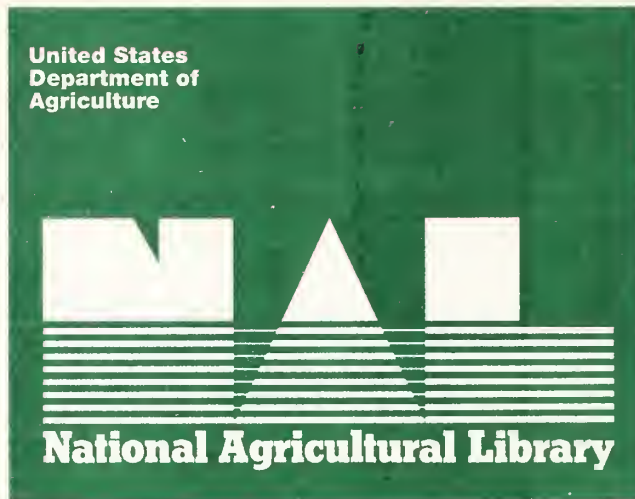
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United States Department of Agriculture  
Food and Consumer Service



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# CHANGES, CHALLENGES, AND CHOICES

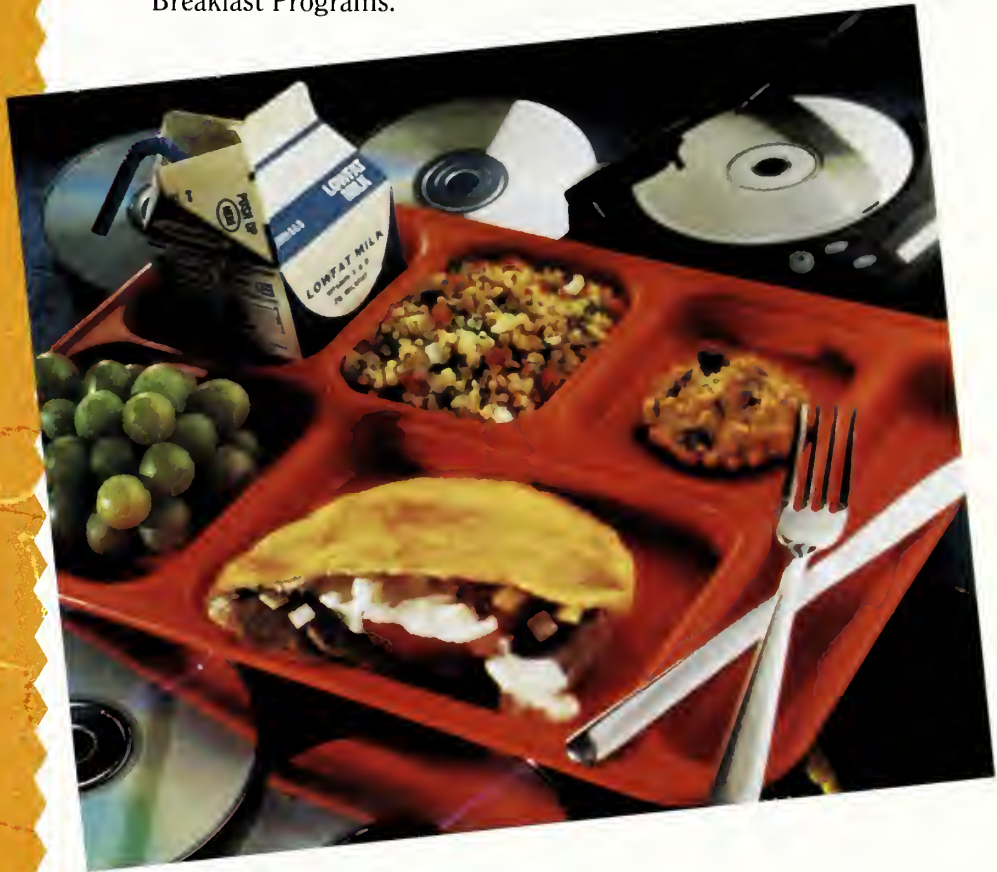




# WHAT'S NEW IN SCHOOLS?

## Healthier School Meals

Because of USDA's new policy changes, children all across the country are eating healthier school meals, and for the first time schools will be meeting the Dietary Guidelines for Americans. Cafeterias in 94,000 schools are serving new, improved meals with a larger variety of fruits, vegetables, and grain products, and lower-fat food choices, in the National School Lunch and Breakfast Programs.



## Historic Policy Change

The School Meals Initiative for Healthy Children, a comprehensive, integrated plan to ensure healthy meals at school, was launched in June 1994 and resulted in historic legislation. The vision of this initiative is simple:

*...improve the health and education of children through better nutrition.*

For the first time in 50 years, USDA has updated the nutrition standards for school meals based on current, scientific research. However, just enacting policies will not accomplish this change, and USDA cannot do this job alone.





## Using This Leadership Guide

We need your help! Making changes in your school lunch and breakfast programs will involve some challenges. This Guide shows you step by step how you can take the lead using the exciting and innovative materials and resources developed by USDA and our partners. Everyone in your school and community—students, teachers, parents, food service personnel, coaches, school nurses, health educators, and nutrition supporters—can have a role in providing healthy school meals and nutrition education in your school.

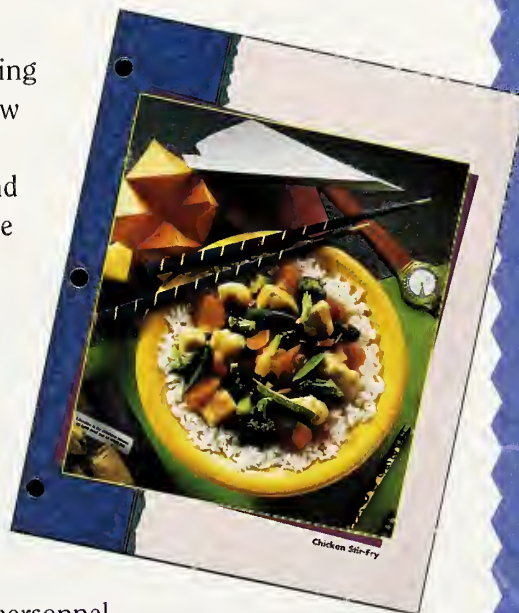
Check out the many materials and resources described in this Guide. Follow the action steps listed in the “Getting Results” sections beginning on page 8. There are many choices and options available to your school. USDA can work with you to make changes come alive in your school.

## Team Nutrition: Supporting the Changes

That is why USDA established Team Nutrition, an implementation plan to continuously improve school meals and promote the health and education of 50 million children in 94,000 schools.

Team Nutrition is all about change and supporting schools in innovative ways to implement the new policy. Team Nutrition provides state-of-the-art nutrition education for children and families and training and technical assistance for food service professionals.

- Team Nutrition helps children and their families change their diets to expand the variety of foods they eat; add more fruits, vegetables and grains to the foods they already eat; and construct a diet lower in fat.
- Team Nutrition supports food service personnel through these changes by offering training sessions, distributing newly developed menus and recipes, revising purchasing specifications, and practicing new culinary skills designed to make food look and taste great to kids.

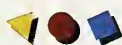


*“This Administration is linking hands with schools, with communities, with business and agriculture. That is what we mean by reinventing government—that is why we call our program Team Nutrition.”*

*—Secretary Dan Glickman  
U.S. Department  
of Agriculture*

*“Since good nutrition is essential for children’s health and learning, it was good to see that schools, families, community organizations, and the media are joining together to help children learn about healthy food choices...”*

*—Secretary Richard Riley  
U.S. Department  
of Education*



## Team Nutrition Schools

Recognizing the challenge that schools face in making these changes in their school meals, USDA has created an incentive program, Team Nutrition Schools.

As the community focal point, each Team Nutrition School works to engage educators, students and their families, food service staff, and community leaders in this exciting new effort. A designated Team Nutrition School Leader coordinates all activities and shares information throughout the school and community environments.

Every school can become a Team Nutrition School! As of April, 1997, over 20,000 schools have enrolled in the program. This school year thousands more schools will join Team Nutrition. Team Nutrition Schools receive special materials to support nutrition education and healthier meals.

Additionally, over 200 supporters at the national level and thousands at the local level are working to make Team Nutrition come alive in schools throughout the Nation. See page 39 for a listing of Team Nutrition Supporters.

For information on enrolling as a Team Nutrition School, turn to page 26. Your local school food service director or State Agency Child Nutrition (CN) Director can provide more information on the program and a list of supporters who are working with Team Nutrition Schools in your state. A listing of State CN Directors is on page 30.



Students from Shelburne Community School in Shelburne, Vermont, proudly display the Team Nutrition banner during their outdoor assembly





# WHY ARE SCHOOL MEALS CHANGING?

## Health Statistics Support Need for Change...

Scientific research confirms that a diet high in total fat, saturated fat, and cholesterol causes increased risk of cardiovascular disease. Lack of fruits, vegetables, and grains increases the risk for some forms of cancer.

Overweight and obesity are increasing among children and adolescents in the United States. The prevalence of overweight among youths ages 6-17 years has more than doubled in the past 30 years.

## Nutrition Facts

- The leading causes of death are nutrition-related diseases.
- Diet is linked to health, and chronic disease often begins in childhood.
- Food habits are formed in childhood.
- School-based nutrition education can improve the eating behaviors of young people.

## Education Facts

- Students who participate in the School Breakfast Program perform better in school and have fewer absences than nonparticipants.
- Undernutrition increases the risk and severity of illnesses, and iron deficiency anemia results in shortened attention span, fatigue, and decreased ability to concentrate. The National School Lunch and Breakfast Programs can help improve the nutritional status—and readiness to learn—of the Nation's children.



# WHAT DO THE POLICY CHANGES MEAN FOR YOUR SCHOOL?

The School Meals Initiative for Healthy Children is built around a four-point framework for action for the National School Lunch and Breakfast Programs. The initiative makes the following contributions.

## 1. Eating for Health: The Dietary Guidelines for Americans

- Updates and expands school meal nutrition standards to include the 1995 Dietary Guidelines for Americans (See page 24 for information on the Dietary Guidelines).
- Congressional action requires implementation of the Dietary Guidelines by School Year 1996/97.
- Provides increased flexibility for schools including five different menu planning systems.

## 2. Making Food Choices: Nutrition Education, Training & Technical Assistance

- Builds children's skills to make healthful food choices through Team Nutrition activities in the school, home, community, and media.
- Develops new culturally and regionally diverse recipes that are lower in fat and sodium.



- Recruits volunteer chefs and culinary institutes to work with food service professionals to maximize customer appeal and taste.
- Involves Team Nutrition supporters to provide schools with materials and resources.



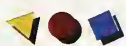
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### 3. Maximizing Resources: Getting the Best Value

- Makes available healthier commodities to schools including:  
*reduced-fat cheddar cheese,*  
*lunchmeat, canned pork and canned beef with reduced-fat content,*  
*frozen potato wedges which have 50% less fat than potato rounds,*  
*low-fat macaroni and cheese,*  
*turkey ham (95% fat free).*
- Provides nutrition labeling on all USDA commodities.

### 4. Managing for the Future: Streamlining Administration

- Extends the cycle for school reviews from 4 to 5 years and provides a flexible system for monitoring.
- Allows schools with accurate counting and claiming systems to develop their own system of internal controls.



# HOW CAN TEAM NUTRITION GET RESULTS IN YOUR SCHOOL?

## What Kids Are Saying

I didn't know it was so nutritious because it was so good."

—Jessica Simao, CT  
8-year-old student

## What Educators Are Saying

"Our kids are having a great time. I wish every school in America could have the same experience today."

—Dr. Barry Weston  
Principal, Wyland  
Elementary, St. Louis

## What School Food Service Professionals Are Saying

"The programs promote increased interest on the part of the entire school community regarding nutrition."

—Shelly Terry  
Maryland State Director  
of Child Nutrition

## What Parents Are Saying

"I think this is really excellent. School lunch looks a lot more exciting now than when I was in grade school."

—Sue Brinner  
mother of a 5-year-old  
Illinois student

Team Nutrition gets results by forming strategic public-private partnerships to extend Team Nutrition's reach and amplify its messages. Team Nutrition has turned new policy into real improvements in the diets of children through nutrition education and training and technical assistance.

In just over one year Team Nutrition has enrolled over 20,000 schools, reaching over 8.1 million children. For example, Team Nutrition has produced and distributed:

- 3.1 million children's nutrition education materials to children and their parents through schools and community organizations;
- healthy school meals training materials to 94,000 schools;
- over 2 million parents guides and 200,000 activity planners, developed in cooperation with the National PTA, to families nationwide;
- 10,000 Teacher Resource Kits, nutrition education curricula developed in cooperation with Scholastic, Inc., to schools across the country;
- 20,000 Team Nutrition School Resource Kits to Team Nutrition Schools nationwide; and
- 100,000 copies of *Food, Family and Fun: A Seasonal Guide to Healthy Eating*, a family resource book.

Please refer to page 22 for a complete listing of Team Nutrition Materials and resources.

Over 155 Team Nutrition Leadership Forums in almost every state have been conducted—these activities involved over 2,000 community leaders nationwide. As a school decision-maker, your leadership and support in working to get results will improve the health and education of your students.

## Team Nutrition Action Plan

Using the many materials and resources available through USDA's Team Nutrition can help your school implement the required policy changes and get results fast. Following are some action steps to achieve these changes for healthy school meals...healthy kids!

There are ideas for your teachers, school food service staff, coaches, school nurses, parents, students, and community supporters. Working together can make Team Nutrition come alive in your school.





# GETTING RESULTS IN THE CLASSROOM

## Scholastic Classroom Kits

- Use Scholastic's comprehensive, activity-based program to build skills and motivate children to make food choices for a healthy diet. The program consists of classroom kits for the following levels:

- Food Time (PreK-K)
- Food and Me (Grades 1-2)
- Food Works (Grades 3-5)

Each kit has:

- ▶ *Teaching guide* – instructional materials packed with activities and hands-on learning ideas.
  - ▶ *Videos* – fun and informative, promote nutrition messages through songs, jokes, and more!
  - ▶ *Scholastic Classroom magazines* – colorful and engaging, present lively articles and activities on food and nutrition.
  - ▶ *Take Out* – A family newsletter – delivers nutrition message to parents and caregivers.
  - ▶ *Classroom posters* – colorful and motivational, keep the topic of food choices before students.
  - ▶ *Reproducible worksheets* – attractive activity sheets provide teachers with the tools to bring the teaching guide lessons to life. Ordering information is on page 23.
- Help teachers locate funding sources for materials and supplies to support the classroom activities. Check with your school's parent group and community business groups for possible support.
  - Meet with school food service staff and teachers to see how the classroom and cafeteria link can be strengthened. Use ideas from the Scholastic Classroom Kits.

## Nutrition Posters

- Create excitement with classroom posters some of which feature Lion King characters, Pumbaa and Timon.

## Other Nutrition Education Materials

- Contact your State Nutrition Education and Training (NET) Coordinator or local Cooperative Extension Specialist for other ideas, curricula sources, and available teacher training opportunities. See address listings on pages 32 and 35.

## Comments from teachers using Scholastic Kits, Team Nutrition Pilot Community Project

"It's a wonderful program, and the kids benefit."

"Hearing children talking about food labels and nutrition choices outside of class tells me that they learned something."

"I see the children reading labels and making changes in the lunch line."

"At first I was opposed to the project [Team Nutrition], but when I see how much the kids have learned I'm a big fan."



# GETTING RESULTS IN THE CAFETERIA

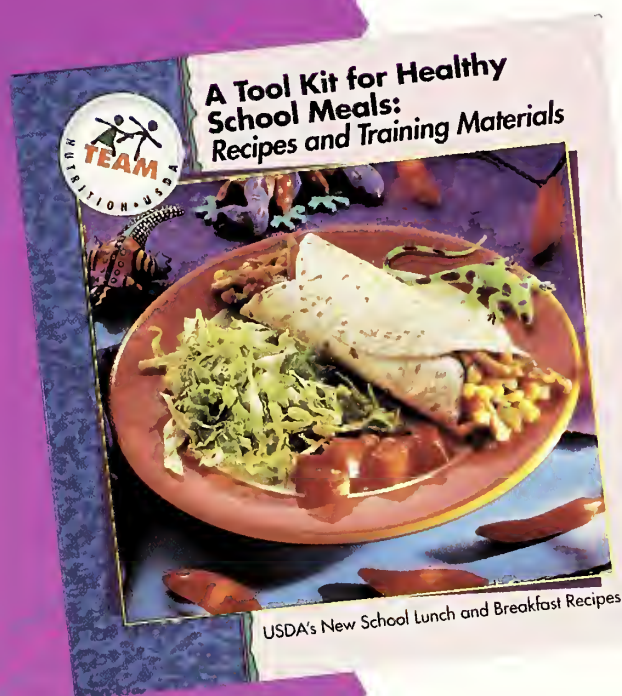
(Coordinate these activities with your School Food Service Director//Manager)

## New low-fat or reduced-fat school commodities

- Arrange an event for parents and students to taste some of the new low-fat or reduced-fat school commodities. Invite the media so the public is aware of the new foods and healthier menus in your schools. See page 7 for a listing of some of the new commodities.

## New recipes, menus, and training materials

- Encourage school food service staff to use recipes from *A Tool Kit for Healthy School Meals: Recipes and Training Materials* and *School Lunch Challenge I and II Recipes*. Let students taste-test recipes.
- Prepare a media release to make the community and families aware of the healthier meals in your school. Get help from your school system public affairs section or the USDA Regional Team Nutrition Contacts. See page 29 for address listing.
- Make sure your school food service staff has the new training materials, *Menu Planner for Healthy School Meals*, *A Tool Kit for Healthy School Meals: Recipes and Training Materials*, *School Lunch Challenge I and II Recipes*, and *Healthy School Meals Training Materials*.
- Display a nutrient analysis of menu items on the serving counter and include this information in menus and newsletters sent home to parents.



## Hands-on learning activities

- Plan a Great Nutrition Adventure (an activity that brings chefs in the classroom and cafeteria to teach children about nutrition and to share culinary skills with food service staff).

USDA's Great Nutrition Action Packet was sent to school districts in spring 1996. The packet includes a video, poster, event planner, chef's directory, and information on how to plan the event. For assistance on planning an event, contact your State Child Nutrition Director. See page 30 for address listing.

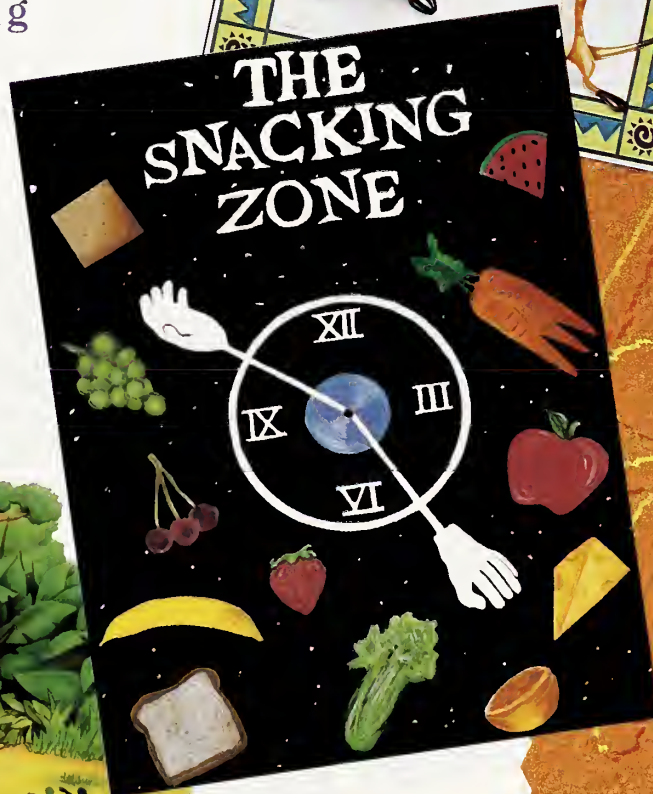


## Posters, nutrition education messages

- Use nutrition posters in your cafeteria. Posters available include *School Lunch, Smart Yet Satisfying*; *Devour for Power, Growth Chart*; *Timon's Special*; and *Pyramid Poster*. Check with your State CN Director or State NET Coordinator to get the posters. See listings on pages 30 and 32.
- Display the Disney *Devour for Power* Serving Counter Card on your cafeteria line (available only for elementary schools).
- Display children's artwork on nutrition in your cafeteria. Have an art teacher or local community artist work together with a school or community nutritionist to help children design and develop nutrition education posters.

## Food service staff training

- Check with your Food Service Director/Manager to make sure your food service staff takes advantage of training opportunities offered by USDA, State agencies, the NFSMI, and the American School Food Service Association.





"They are eating more fruits and vegetables. Before [Team Nutrition], they came through the line and just wanted a sandwich and fries, but since the training in the classroom, they are a lot more educated about what their body needs and are eating a lot more vegetables."

—from *Team Nutrition Pilot Community Report*  
Fall 1996

## Volunteer chefs

- Involve local chefs in nutrition education activities in your school. Use USDA's Great Nutrition Adventure Action Packet as a resource.

## Parent involvement

- Include parents in cafeteria activities such as taste-testing events, and health and nutrition fairs.
- Plan a "Do Lunch at School Day"—invite parents and grandparents to have lunch or breakfast with their children.

## Classroom links

- Meet with school food service staff and teachers to see how the classroom and cafeteria link can be strengthened. Use ideas from the Scholastic Classroom Kits.





# GETTING RESULTS IN THE SCHOOL ENVIRONMENT

Reaching children and their families in a variety of community settings reinforces the nutrition messages they are learning in the school classroom and cafeteria. Joining the Team Nutrition Schools program gets results in the school environment. See page 26 for information on how to enroll your school as a Team Nutrition School. Following are some other ideas for getting your entire school involved in making changes for healthier children.

- Activate your Team Nutrition supporters network and together plan school-wide health, nutrition, and fitness fairs. Involve coaches, school nurses, physical education teachers, school nutritionist, food service staff and community supporters. See page 22 for information on the Team Nutrition School Activity Planner.
- Adopt a school nutrition policy to support healthy eating throughout the school. Refer to Team Nutrition's mission and principles (page 41) and Centers for Disease Control's *Guidelines for School Health Programs to Promote Lifelong Healthy Eating* for background information. See page 24 for information on how to get a copy of the Guidelines.
- Involve teachers, parents, school administrators, food service personnel, and students in developing your school nutrition policy.
- Include these areas in your school nutrition policy:
  - nutrition education classes
  - school lunch and breakfast
  - classroom snacks and parties
  - adequate time for children to eat and enjoy food at lunch and breakfast (*some studies report an average total lunch period is 29 minutes; other researchers suggest a minimum eating time at the table of 20 minutes for lunch*)
  - food sold on campus other than in the cafeteria, i.e. vending machines, snack bars, and fundraisers.



" All the teachers identified the school-wide chef's taste testing party as being very effective...teachers commented on how much the kids enjoyed tasting the new, lowfat foods.. When speaking of the school-wide activities, the teachers at Fairmont frequently commented that they needed to provide the education "tie-in" for the school-wide activities to reinforce the messages of the lessons."

—from Fairmont

Elementary, a Team  
Nutrition Pilot  
Community Project

- Start a Team Nutrition garden project where children can grow vegetables and learn where food comes from. Help children harvest and serve their vegetables in the school cafeteria. Seek help from Team Nutrition Supporters for gardening tools and seeds.
- Plan a Great Nutrition Adventure (see page 10).

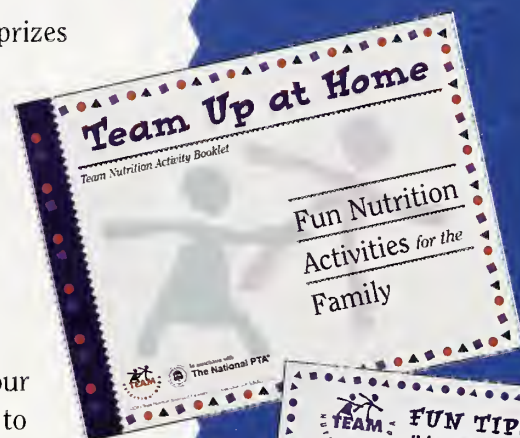




# GETTING RESULTS IN THE HOME - REACHING FAMILIES

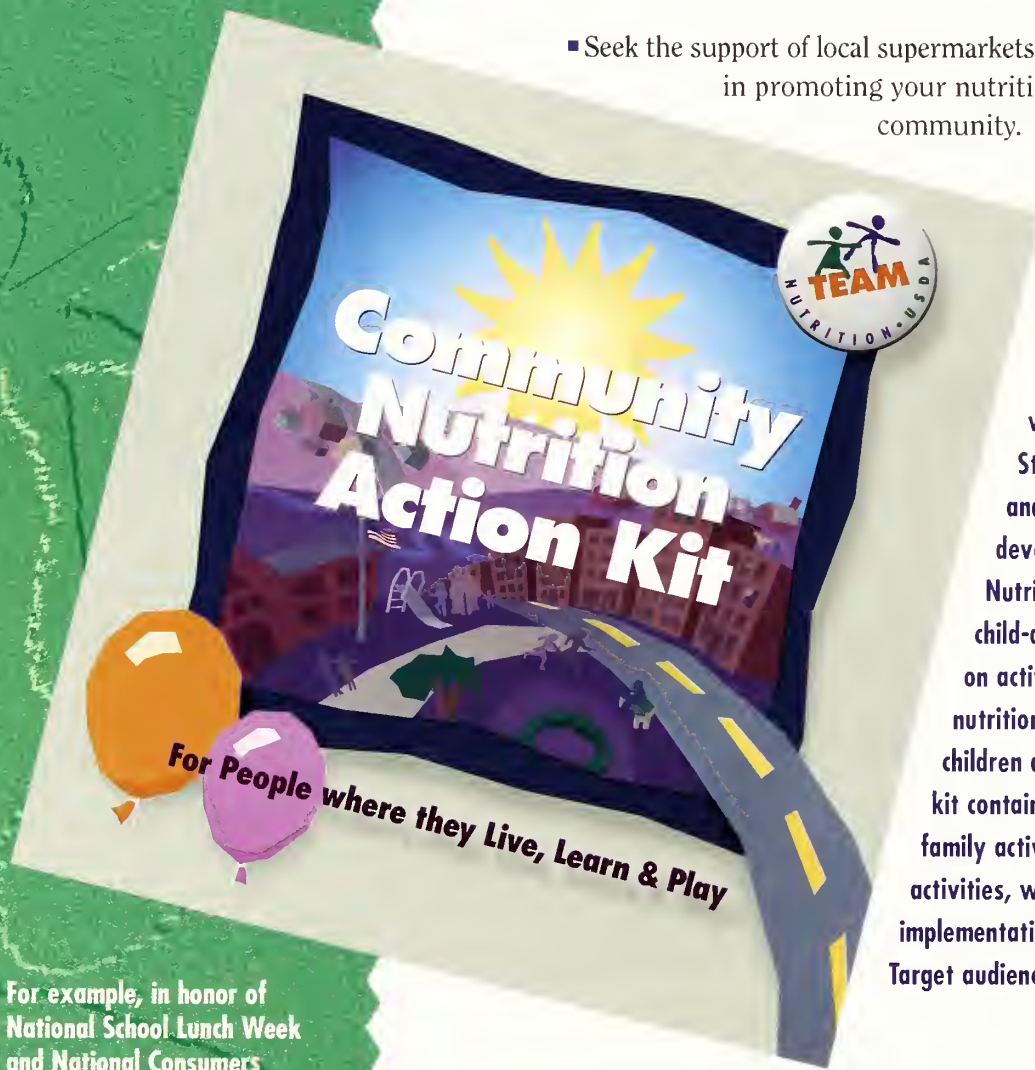
- Make parents aware of the availability of *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. This brand new book from USDA:
  - Features 50 healthy, tasty, and fun recipes—many contributed by nationally recognized chefs
  - Provides parents with innovative ideas to get children involved in healthful eating and cooking at home
  - Highlights family nutrition education activities including a family visit to a farmers' market
  - Includes exciting new recipes such as vegetable rice salad; chicken salad roll-ups; baked bananas; meal in a potato; baked lemon chicken, and some jazzed-up old favorites like "new macaroni and cheese."
  - Lists over 200 Team Nutrition supporters, hundreds of community resources, useful information, addresses, internet sites, and phone numbers including hotlines on nutrition and health.
- Purchase copies of *Food, Family and Fun* to use as incentives or door prizes for nutrition events.
- Send home monthly menus with nutrient disclosure information to showcase your healthy menus. Include messages about healthy eating.
- Use parent reproducible from Scholastic Classroom Kits to inform parents about what their children are learning in school.
- Use Team Nutrition's Parent Pak to deliver nutrition information to your students' families. Work with your school's PTA to get the information to parents.

Developed in association with the National Parent Teachers Association (PTA), the Parent Pak provides education materials designed for parent involvement in helping children make food choices for a healthful diet at home. Each packet includes: parent activity booklet; *Go, Glow, Grow Foods for You*; Fun Ways to Meet the Dietary Guidelines at Home; Parents 10 Tips to Healthy Eating; and Disney Growth Chart and Food Guide Pyramid Posters.



# GETTING RESULTS IN THE COMMUNITY

- Check with your local Cooperative Extension Specialist about community links. Use USDA's Community Nutrition Action Kit as a resource.
- Refer to other sections in this guide for community activities on pages 18-20.
- Seek the support of local supermarkets, businesses, and organizations in promoting your nutrition messages to the community.



For example, in honor of National School Lunch Week and National Consumers Week, Food Marketing Institute (FMI) has created Team Nutrition tips and nutrition messages that will appear on grocery bags and advertisements as a result of their members' involvement in Team Nutrition across the country.

USDA's Center for Nutrition Policy and Promotion in partnership with the Cooperative State, Research, Education, and Extension Service developed the Community Nutrition Action Kit filled with child-driven, innovative, hands-on activities that reinforce the nutrition education messages children are learning in school. The kit contains 17 youth activities, 12 family activities, and 6 community activities, with guidelines for implementation and handouts. Target audience: Grades 3-5.





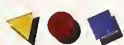
# GETTING RESULTS IN THE MEDIA

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The Team Nutrition Mission includes the media because of the essential link between the media and children, and how children respond to messages. Team Nutrition is designed to reach children where they live, learn and play.

Team Nutrition is also designed to reach parents, families, and communities—and the media plays a significant role in delivering the Team Nutrition message nationwide. In the past year, Team Nutrition has been covered by national newspapers, magazines, broadcast and cable television, radio, and even on the Internet. Following are some ideas that you can use to get results in the media.

- Look for the Disney Pumbaa and Timon Public Service Announcements (PSAs) on your television. Use these to initiate nutrition education lessons with your students.
  - The Team Nutrition PSAs are shown 5 days a week on Disney Afternoons, available in over 90 percent of the country and seen daily by over 580,000 children between the ages of 2 and 11.
  - Data from our Team Nutrition pilot communities indicated that 63 percent of the children in four pilot sites have seen the PSAs.
  - USDA tested the Team Nutrition PSAs and found that 90 percent of children liked them and most understood the messages to eat more fruits, grains, and vegetables and make healthy food choices.
  - The Team Nutrition PSAs have been incorporated into classroom curricula, reinforcing and expanding the messages that children see on television.
- Use the Event Planner from USDA's Great Nutrition Adventure or Team Nutrition School Activity Planner for ideas on working with the media to publicize nutrition education events.
- Invite the media to your school-wide events such as nutrition fairs, taste testing parties (especially the healthier commodities), and your Great Nutrition Adventure activity.
- Coordinate your media requests through your school district's public affairs section if applicable.
- Check with your Regional USDA Team Nutrition Contact or State CN Director for assistance in preparing media releases. See pages 29 and 30.



# HOW CAN YOU WORK WITH SUPPORTERS AND PARTNERS?

We want every child to have the opportunity to learn how to eat for good health. This ambitious goal is made possible by extensive, strategic public-private partnerships and over 200 Team Nutrition Supporters on the national level and thousands on the local level who represent all of the organizations that touch children's lives. These include: nutrition, health, education, food, agriculture, consumer, media, technology, and government groups.

Supporters and partners bring nutrition messages to children in fun and interesting ways in a language they understand, while strengthening social support for children's healthful food choices among parents, educators, and food service professionals. By leveraging government resources through public-private partnerships, Team Nutrition promotes food choices for a healthful diet through schools, families, the community, and the media.

## Team Nutrition Partners

Partnerships with Scholastic, Inc., and The Walt Disney Company are examples of Team Nutrition's strategic plan to work with organizations to leverage the Government's investment and to extend the reach of this unique program. See pages 22-25 for the resources made possible for your school through these partnerships.

## Team Nutrition Supporters

Team Nutrition Supporters take a leading role in making good nutrition a community priority. Thousands of Team Nutrition Supporters are actively working with schools on the local level. Here are some ways to bring the community into the classroom by involving supporters in your area:

- Use the Team Nutrition School Activity Planner for schools and supporters to connect with your local Team Nutrition Supporters. Contact one or several local members of the over 200 Team Nutrition supporters in your community for help with nutrition education activities such as nutrition fairs and food tasting activities. See the list of Team Nutrition Supporters on page 39 for reference.





- **Create a Team Nutrition Committee.** Bring the community to the classroom by involving TN Supporters with teachers, parents, school administrators, food service personnel, and students in a Team Nutrition Committee. Develop a year-round action plan made up of monthly nutrition education activities such as: Team Nutrition fairs, tasting activities, nutrition gardening, classroom presentations, and field trips. Make plans to highlight key Nutrition dates such as National School Lunch Week and National Nutrition Month. See pages 22 for resource materials.
- **Write about Team Nutrition in newsletters.** Supporters can involve the community and their members in Team Nutrition by letting them know about the changes taking place in schools across the Nation and how they can be involved locally. Newsletter information pieces are available through USDA regional offices. See page 29 for contact information.
- **Reinforce Team Nutrition messages in the community.** Personalizing and reproducing Team Nutrition materials for parents, customers and employees reinforces Team Nutrition messages through multiple channels. Reproducible materials are available through Team Nutrition. See page 22 for contact information.
- **Include a Public Information Roundtable at your school activities.** Over 2,000 organizations around the country have taken part in Team Nutrition Roundtables that educate the community on the changes taking place in Team Nutrition Schools and involve them in the process.

Nationwide, Team Nutrition has conducted hundreds of events in schools and communities. At every Team Nutrition School, Leadership Forums have brought community activists and policy makers together in support of Team Nutrition's mission and principles. The following example shows how the elements were successfully and imaginatively included in local activities.



© The Walt Disney Co.



# TEAM NUTRITION ACTIVITY

PHANTOM LAKE ELEMENTARY, BELLEVUE, WASHINGTON

## • Team Nutrition Supporter and Community Volunteer Involvement

The Phantom Lake Elementary School in Bellevue, Washington, brought together more than 24 organizations during the Team Nutrition Schools national roll-out incorporating the elements of a successful Team Nutrition School activity. Community organizations including educators, food service staff, parent organizations, farmers, small businesses and corporations, health and nutrition experts, and volunteer chefs provided interactive nutrition and health activities and in-class and take-home resource materials, and shared ideas on how they could continue to work together to support the mission of Team Nutrition in their local schools. Examples of their involvement are highlighted below.

## • Interactive Learning Activities

Washington State University created a vegetable guessing game where children were asked to put their hands into a mystery food box to feel and identify the vegetable. Using a pyramid filled with models of grains, breads, and pastas, The Wheat Commission asked children to identify which foods were grains and where in Washington grains were grown.

### *Cafeteria Link*

The Bellevue district's dietitian shared nutrition tips that have made them successful:

- find lower fat versions of popular foods such as chicken nuggets and pizza; and
- offer a produce bar (salads, vegetables and fruits) in your schools.

The Apple Commission, Beef Commission, Wheat Commission, Dairy Council, and Potato Commission covered the cafeteria walls with colorful posters of foods and a map of Washington that displayed the various agricultural products raised in the state and spoke to classes about the function of their products in the body.

The Washington Beef Commission provided "taco-making and tasting" for the children. Volunteer chef "Fruity" talked about fruits, how to select them, and how they function in the body.

## • Teacher and Team Nutrition Partner Involvement

Teachers organized an all-school assembly which allowed all the children to be a part of the Team Nutrition School Banner presentation. A first-grade class arranged pictures of food on a food pyramid. Some teachers used Scholastic, Inc., lesson plan suggestions for various courses: math teachers asked students to count calories; social-studies classes explored the role of farming in American life; and English teachers assigned students to write about the best meal they had ever eaten. In addition, Walt Disney materials featuring Pumbaa and Timon from *The Lion King* reinforced messages in the cafeteria and classrooms throughout the day.

## • Parent Involvement

Parents were involved in the event and children were given take-home tasting samples, educational resource materials, and fun activities to share with their families. The Bellevue PTSA Council provided activity support and participated in the Public Information Roundtable.

## THE FOLLOWING ORGANIZATIONS PARTICIPATED IN THE EVENT:

Bargreen Ellington  
Bellevue Journal American  
Bellevue PTSA Council  
Bellevue Nutrition Service  
Coastal Marketing  
Coyote Grill  
Encore Brokers  
Evans Food Group  
Food Service Specialists

Food Services of America  
Kenco Food Service  
King County WIC Program  
KOMO, KKOZ, and KASB Radio  
National Frozen Foods Corp  
Neighborhood House  
Office of US Rep. Jennifer Dunn  
Public Health Nutrition Service  
Washington Dept. of Health

Seattle Times  
Share Our Strength  
Sysco Food Service  
Tony's Food Service  
TreeTop  
Washington Agriculture in  
the Classroom  
Washington Apple Education  
Foundation

Washington Dept. of Health  
and Human Services  
Washington Food Policy  
Action Center  
Washington OSPI  
Washington State Beef Commission  
Washington State Dairy Council  
Washington State University



# INFORMATION AND RESOURCES

Here is the help that's out there for your school! USDA is committed to providing schools with the materials, resources, and training that they need to fully implement the Schools Meals Initiative for Healthy Children. Check out the resources and materials on the following pages. There's help on every aspect of Team

Nutrition and how to get started providing healthier meals and nutrition education to your students.





# FOR INFORMATION ON TEAM NUTRITION MATERIALS AND RESOURCES

Team Nutrition provides many valuable resources for parents, teachers, students, and food service professionals. For more information on the items listed below contact your State CN Director (page 32) or your USDA Regional TN Contacts (page 29). Most of the following items are available free to school districts.

## Resources for Food Service Professionals

Training Guidelines for Healthy School Meals  
Team Nutrition Training Materials for Healthy School Meals  
Menu Planner for Healthy School Meals  
Choice Plus, Food Purchasing Manual  
Assisted NuMenus Guidance  
A Tool Kit for Healthy School Meals (53 new recipes & marketing guide)  
USDA's Great Nutrition Adventure Action Packet (with video)  
School Lunch Challenge Recipes, I & II  
Culinary Training Videos  
Serving It Safe: A Manager's Tool Kit  
Team Nutrition Training Grants for Healthy School Meals (available only to State Agencies)  
Team Nutrition for Healthy School Meals Training Workshops  
Culinary Training Institutes  
Healthy School Meals Resource System (electronic)  
Customer Service Help Desk  
Child Nutrition Nutrient Database  
USDA Approved Software List

## Resources for Students, Parents and Teachers

Team Nutrition Resource Kit  
Team Nutrition Certificate  
Team Nutrition Banner  
Team Nutrition "Eating Smart" Growth Chart  
Team Nutrition "Smart Yet Satisfying" Poster  
Team Nutrition "Devour for Power" Poster  
Team Nutrition "Devour for Power" Food Guide Pyramid Poster  
Team Nutrition "Timon's Special" Poster  
Team Nutrition Disney Counter Card  
Getting Started  
Team Nutrition Program Summary  
Team Nutrition: A Healthier Tomorrow (brochure)  
Parent's Guide: 10 Steps for Healthy Eating  
Food, Family & Fun: A Seasonal Guide to Healthy Eating  
Team Up at Home (parent activity booklet)  
Community Nutrition Action Kit (with video)  
Team Nutrition Leadership Guide  
Team Nutrition: First Year in Review  
Team Nutrition Connections (newsletter)  
Team Nutrition Schools Connection (newsletter coming soon)  
Join the Team (brochure)  
Join the Team (video)  
Team Nutrition School Activity Planner:  
    A How-To-Guide for Supporters and Schools  
    How-To Youth Gardening Guide (Future)  
    All-Star Team Nutrition (future)  
Team Nutrition Parent Pak (coming soon)  
Team Nutrition Reproducible Activity Pages  
Fun Ways to Meet the Dietary Guidelines at Home





# FOR INFORMATION ON THE SCHOLASTIC CLASSROOM KITS

Scholastic, Inc., in cooperation with the USDA has developed Team Nutrition Classroom Kits. A new, hands-on approach to nutrition education, Team Nutrition provides teachers, students, and families with teacher-tested, easy-to-use materials that will help children to:

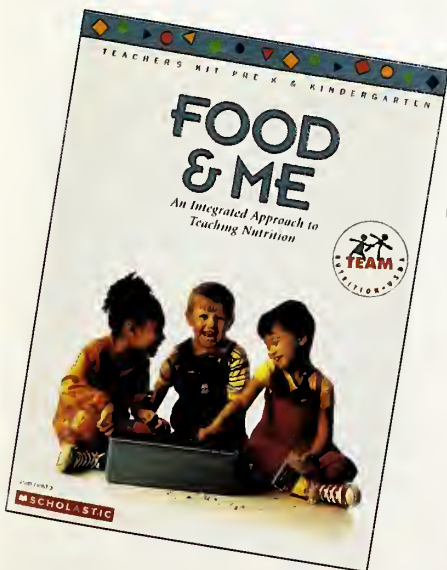
- Expand the variety of foods in their diets
- Add more fruits, vegetables, and grains to the food they already eat
- Construct a diet lower in fat

These comprehensive, activity-based materials help you teach the basics of healthy eating in an exciting way that engages students and takes the message beyond the classroom and the school cafeteria and into students' homes. It also focuses on changing actual behavior by using fun, hands-on activities children can easily relate to.

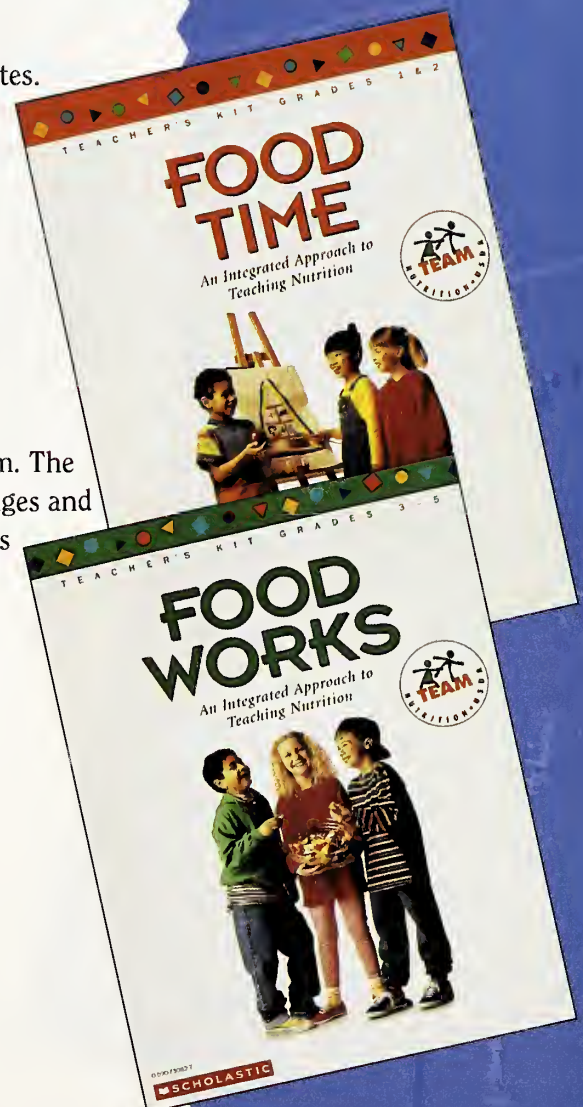
The Team Nutrition curriculum offers teachers a menu of engaging activities. By picking and choosing from the menu, teachers can easily adapt the program to fit their specific classroom needs. Classroom kits include:

- A teacher's guide
- A live action video (Grades 1-2 and 3-5)
- Classroom magazines
- Family newsletters
- Full-color classroom posters
- Reproducible worksheets

The lesson plans can be easily integrated into the school's core curriculum. The Scholastic materials serve as a core for Team Nutrition educational messages and activities. Additionally, some sample materials are available on Scholastic's Homepage at <http://scholastic.com>.



Each Team Nutrition Classroom Kit is customized by grade level: Pre-K and Kindergarten, Grades 1 and 2, and Grades 3 to 5. Call Scholastic at (800) 724-6527 to order the kits.



## FOR COPIES OF PUBLICATIONS

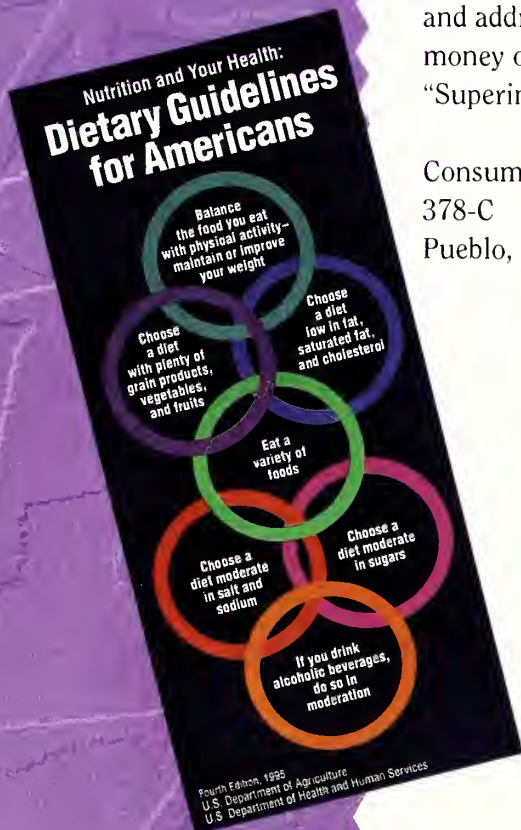
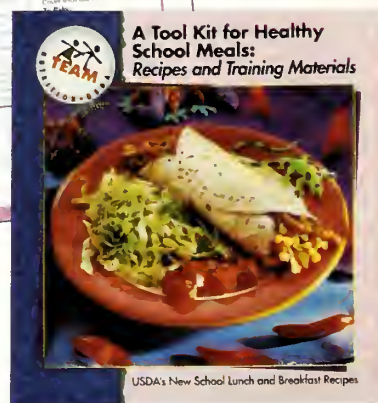
The following publications are available for a nominal charge from the Superintendent of Documents:

- ▶ *A Tool Kit for Healthy School Meals: Recipes and Training Materials* (Stock No: 001-000-04626)
  - ▶ *Food, Family and Fun... A Seasonal Guide to Healthy Eating* (Stock No:001-000-04627-6)
  - ▶ *CDC's Guidelines for School Health Programs to Promote Lifelong Healthy Eating*
- 

Call or write:  
Superintendent of Documents  
U.S. Government Printing Office  
Washington, D.C. 20402-9325  
Phone: (202) 512-1356 or  
(202) 783-3238

To get a copy of the 1995 Dietary Guidelines for Americans, send your name and address along with 50 cents by check or money order made payable to "Superintendent of Documents" to:

Consumer Information Center  
378-C  
Pueblo, CO 81009

[illegible]



# FOR INFORMATION ON-LINE

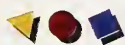
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- ▶ Information on USDA's Team Nutrition is available from the Team Nutrition Homepage on the World Wide Web: **<http://www.usda.gov/fcs/team.htm>**
- ▶ The Healthy School Meals Resource System has background information on Team Nutrition, a database of school food service training materials, complete with ordering information, description, review of the item in terms of accuracy, diversity, usability, and video clips to preview right on the Web! The 1995 Dietary Guidelines for Americans and the Food Guide Pyramid can be downloaded. Point your browser to: **<http://schoolmeals.nal.usda.gov:8001>**
- ▶ Scholastic's Homepage with information on Team Nutrition is at: **<http://scholastic.com>**
- ▶ MEALTALK is an electronic discussion group on school meals issues. To join, send an e-mail message to: **[majordomo@nal.usda.gov](mailto:majordomo@nal.usda.gov)** Type in the message: subscribe mealtalk Your Name <your e-mail address>
- ▶ The 1995 Dietary Guidelines for Americans may also be downloaded from the Homepage of the USDA's Center for Nutrition Policy and Promotion at: **<http://www.usda.gov/fcs/cnpp.html>**

## For information on paper or disk on nutrition education and food service training materials

- ▶ Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library, Room 304  
10301 Baltimore Avenue  
Beltsville, MD 20705-2351

Phone: 301-504-5719  
Fax: 301-504-6409  
TTY: 301-504-6856  
E-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov)





# JOIN THE TEAM...BECOME A TEAM NUTRITION SCHOOL

USDA's Team Nutrition is a network of public and private partnerships that promote food choices for a healthy diet through the media, schools, families, and the community. USDA's Team Nutrition supports the new policy updating school meals nutrition standards to reflect the Dietary Guidelines for Americans. This historic policy change—the School Meals Initiative for Healthy Children—is the most significant reform of the school meals program since it began in 1946.

Team Nutrition Schools represent the community focal point for USDA's Team Nutrition. They are the link to community-level implementation of the School Meals Initiative for Healthy Children. A growing national network of local schools showcase healthy changes in school meals and new nutrition education programs. Team Nutrition Schools model the involvement of Team Nutrition partners and supporters at the local level and actively promote school meals that offer more healthful choices. All schools currently participating in the National School Lunch Program are eligible to become a Team Nutrition School.

## A Team Nutrition School Will:

- Support the USDA's Team Nutrition mission and principles
- Designate a Team Nutrition School Leader
- Demonstrate a commitment to meeting the Dietary Guidelines for Americans in school meals
- Distribute Team Nutrition education materials
- Involve teachers, children, parents, food service personnel, and community organizations in nutrition education activities
- Share successful strategies and programs with other schools
- Participate in the National School Lunch Program
- Demonstrate a well-run Child Nutrition Program

## A Team Nutrition School Will Receive:

- A Team Nutrition Leadership Award acknowledging their commitment
- Recognition in a National Directory of Team Nutrition Schools
- Team Nutrition resource materials for use in the classroom, in the cafeteria and at home, such as Scholastic's classroom kits and Disney educational posters featuring *Lion King* characters
- Early alerts about the many additional products available in the future
- Team Nutrition School designation for 2 years

USDA's Team Nutrition brings to life the promise of healthy children—Team Nutrition schools fulfill that promise by bringing together all those who care about children...join the team!

Complete the following School Information Sheet, detach, and mail. Only one information sheet per school should be submitted. Your school will be notified of its status as a Team Nutrition School, which will be valid for a 2-year period. Any questions can be directed to your District School Food Service Director or your State Child Nutrition Director or your State Education Agency or write to USDA at Team Nutrition Schools, P.O. Box 0812, Rockville, MD 20848-0812.







# TEAM NUTRITION



# SCHOOL INFORMATION SHEET

(Submit one sheet for each school)

Our Team Nutrition School Leader is:

☐ Ms.

☐ Mrs.

☐ Mr.

☐ Other

\_\_\_\_\_  
*First Name*

\_\_\_\_\_  
*Last Name*

Title \_\_\_\_\_ School's Name \_\_\_\_\_

Total Enrollment \_\_\_\_\_ Grades Taught \_\_\_\_\_

School District \_\_\_\_\_ School County \_\_\_\_\_

School's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZipCode \_\_\_\_\_

Telephone ( ) \_\_\_\_\_ FAX ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

Please check one or more of the appropriate grade ranges:

☐ P (*Preschool*) PreK

☐ E (*Elementary*) K - 5/6

☐ M (*Middle*) 6/7 - 8

☐ H (*High*) 9-12

We agree to:

- ▶ Support USDA's Team Nutrition mission and principles.
- ▶ Demonstrate a commitment to meet the Dietary Guidelines for Americans.
- ▶ Designate a Team Nutrition School Leader.
- ▶ Distribute Team Nutrition materials to teachers, students, and parents.
- ▶ Involve teachers, students, parents, food service personnel, and the community in interactive and entertaining nutrition education activities by having at least one nutrition event per year.
- ▶ Participate in the National School Lunch Program
- ▶ Demonstrate a well-run Child Nutrition Program.
- ▶ Share successful strategies and programs with other schools.

We certify our school does not have any outstanding overclaims or significant program violations in our school meals programs.

\_\_\_\_\_  
School Principal, Printed Name

\_\_\_\_\_  
School Food Service Manager, Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**Mail application to:**

**USDA's TEAM Nutrition Schools**

**P.O. Box 0812**

**Rockville, MD 20848-0812**



**Team Nutrition is an initiative of the  
United States Department of Agriculture**

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To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, D.C., 20250, or call 1-800-245-6340 (voice) or (202) 720-1127 (TDD). USDA is an equal employment opportunity employer.





# FOR INFORMATION AND ASSISTANCE FROM YOUR USDA REGIONAL TEAM NUTRITION CONTACTS

Your USDA Regional Team Nutrition Contacts can provide technical assistance in all aspects of Team Nutrition, especially the Team Nutrition Schools Program, Team Nutrition Supporters and Partners, and the development of media plans.

## Northeast Region

Fran Zorn, Administrator  
Connecticut, Maine, Massachusetts, New  
Hampshire, New York, Rhode Island, Vermont

Charles DeJulius, Team Nutrition Contact  
USDA/FCS/NERO  
10 Causeway Street, Room 501  
Boston, Massachusetts 02222-1068  
617-565-6418

## Mid-Atlantic Region

Christopher Martin, Administrator  
Delaware, District of Columbia, Maryland, New  
Jersey, Pennsylvania, Puerto Rico, Virginia, Virgin  
Islands, West Virginia

Walt Haake, Team Nutrition Contact  
USDA/FCS/MARO  
Mercer Corporate Park  
300 Corporate Boulevard  
Robbinsville, New Jersey 08691-1598  
609-259-5091

## Southeast Region

Virgil L. Conrad, Administrator  
Alabama, Florida, Georgia, Kentucky, Mississippi,  
North Carolina, South Carolina, Tennessee

Sara Harding, Team Nutrition Contact  
USDA/FCS/SERO  
Martin L. King, Jr., Federal Annex  
77 Forsyth St., SW, Suite 112  
Atlanta, Georgia 30303-3427  
404-730-2588

## Midwest Region

Thomas Pate, Acting Administrator  
Illinois, Indiana, Michigan, Minnesota, Ohio,  
Wisconsin

Lawrence Rudmann, Team Nutrition Contact  
USDA/FCS/MWRO  
Metcalf Federal Building  
77 W. Jackson Blvd., 20th Floor  
Chicago, Illinois 60604-3507  
312-353-1044

## Southwest Region

Ruthie F. Jackson, Administrator  
Arkansas, Louisiana, New Mexico, Oklahoma, Texas

Judy Barron, Team Nutrition Contact  
USDA/FCS/SWRO  
1100 Commerce Street, Room 5A16  
Dallas, Texas 75242-1005  
214-767-0256

## Mountain Plains Region

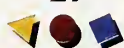
Forrest Moore, Acting Administrator  
Colorado, Iowa, Kansas, Missouri, Montana,  
Nebraska, North Dakota, South Dakota, Utah,  
Wyoming

Darlene Sanchez, Team Nutrition Contact  
USDA/FCS/MPRO  
1244 Speer Boulevard, Room 903  
Denver, Colorado 80204-3585  
303-844-0335

## Western Region

Allen Ng, Acting Administrator  
Alaska, Arizona, California, Guam, Hawaii, Idaho,  
Nevada, Oregon, Washington

Cordelia Morris, Team Nutrition Contact  
USDA/FCS/WRO  
550 Kearny St., Rm 400  
San Francisco, California 94108-2518  
415-705-1311



# FOR INFORMATION AND ASSISTANCE FROM YOUR STATE CHILD NUTRITION DIRECTOR

These individuals administer the National School Lunch and Breakfast Programs at the State Agency level. They can provide information on how to become a Team Nutrition School, what types of training opportunities for food service personnel or teachers may be available in your state, the new policy changes, and how to get Team Nutrition materials.

## Mid-Atlantic Region

**Dr. Saundra C. Brunson**  
Department of Public Instruction  
P.O. Box 1402  
Dover, DE 19903-1402  
(302) 739-4718

**Ms. Betti J. Wiggins**  
D.C. Public Schools  
3535 V Street, NE  
Washington, DC 20018-1589  
(202) 576-7400

**Ms. Sheila G. Terry**  
Department of Education  
200 W. Baltimore Street, 3rd Fl.  
Baltimore, MD 21201-2595  
(410) 767-0199

**Ms. Kathy F. Kuser**  
Department of Education, CN-500  
240 W. State Street  
Trenton, NJ 08625-0500  
(609) 984-0692

**Ms. Patricia Birkenshaw**  
Department of Education  
333 Market Street, 4th Floor  
Harrisburg, PA 17126-0333  
(717) 787-7698

**Ms. Francisca Montalvo Rosado**  
Department of Education  
P.O. Box 190759  
San Juan, PR 00919-0759  
(787) 754-0790 Ext 2731

**Dr. Jane R. Logan**  
Department of Education  
P.O. Box 2120  
Richmond, VA 23219  
(804) 225-2074

**Gail Shulterbrandt-Rivera**  
Department of Education  
44-46 Kongens Gade  
Charlotte Amalie, St. Thomas  
US Virgin Islands 00802  
(809) 774-9373

**Dr. Harriet Deel**  
Department of Education  
Building 6, Room B-248  
1900 Konowho Blvd., East  
Charleston, WV 25305-0330  
(304) 558-2708

## Midwest Region

**Mr. James Burke**  
Illinois Board of Education  
100 North First Street  
Springfield, IL 62777  
(217) 782-2491

**Ms. Sheila Elam**  
Indiana Department of Education  
State House, Room 229  
Indianapolis, IN 46204-2798  
(317) 232-0850

**Mr. Roger Lynas**  
Department of Education  
P.O. Box 30008  
Lansing, MI 48909  
(517) 373-8642

**Ms. Carolyn Brown/Ms. Carol Rowe**  
MN Department of Children, Families, &  
Learning  
550 Cedar Street  
St. Paul, MN 55101  
(612) 296-5262

**Ms. Lorita T. Myles**  
Department of Education  
65 South Front Street, Room 713  
Columbus, OH 43215-4183  
(614) 466-2945

**Mr. Rich Mortensen**  
Department of Public Instruction  
125 S. Webster Street  
P.O. Box 7841  
Madison, WI 53707-7841  
(608) 267-9121

## Mountain Plains Region

**Mr. Daniel McMillan**  
Department of Education  
201 East Colfax Avenue, R209  
Denver, CO 80203-1799  
Tel (303) 866-6661

**Ms. Kathryn A. Brunner**  
FCHSD-CAC-A4  
Colorado Department of Health  
4300 Cherry Creek Dr., South  
Denver, CO 80222-1530  
(303) 692-2330

**Dr. Louis E. Smith**  
Department of Education  
Grimes State Office Building  
East 14th & Grand  
Des Moines, IA 50319-0146  
(515) 281-5356

**Mrs. Rita Hamman**  
Kansas State Board of Education  
120 East 10th Street  
Topeka, KS 66612-1182  
(913) 296-2276

**Mr. William F. Pohl, Jr.**  
Department of Elementary and  
Secondary Education  
P.O. Box 480  
Jefferson City, MO 65102-0480  
(573) 751-3526

**Deborah Markenson**  
Department of Health  
P.O. Box 570  
Jefferson City, MO 65102-0570  
(573) 751-6269

**Mr. Gary Lee Watt**  
Office of Public Instruction  
P.O. Box 202501  
Helena, MT 59620-2501  
(406) 444-2505

**Mary Elizabeth McAulay**  
Dept of Public Health/Human Ser.  
1400 Cogswell Building  
Helena, MT 59620  
(406) 444-2501

**Ms. Connie Stefkovich**  
Department of Education  
301 Centennial Mall South  
Lincoln, NE 68509-4987  
(402) 471-3566

**Ms. Kathryn Grafsgaard**  
Department of Public Instruction  
600 E. Boulevard Avenue  
Bismark, ND 58505-0440  
(701) 224-2294

**Ms. Sandra Kangas**  
Department of Education & Cultural Affairs  
700 Governors Drive  
Pierre, SD 57501-2291  
(605) 773-3413

**Ms. Laura C. Oscarson**  
Utah State Office of Education  
250 E. 500 South Street  
Salt Lake City, UT 84111-3284  
(801) 538-7513

**Mr. Michael R. Smith**  
Department of Education  
Hathaway Building, 2nd Floor  
2300 Capitol Avenue  
Cheyenne, WY 82002-0050  
(307) 777-6282





**Mr. Terry Williams**  
Department of Health  
Hathaway Building, Room 456  
Cheyenne, WY 82002-0048  
(307) 777-7494

### **Northeast Region**

**Ms. Maureen B. Staggborg**  
Department of Education  
25 Industrial Park Rd.  
Middletown, CT 06457-1543  
(203) 638-4239

**Mr. Walter T. Ruark**  
Department of Education  
State House, Station 136  
Augusta, ME 04333  
(207) 287-5315

**Mr. Richard Jones**  
Department of Human Services  
State House, Station 11  
Augusta, ME 04333  
(207) 287-5060

**Mr. Steve Carey**  
Department of Education  
350 Main Street  
Malden, MA 02148  
(617) 388-3300

**Ms. Kathi Wilhelm**  
Department of Education  
101 Pleasant Street  
Cancard, NH 03301  
(603) 271-3646

**Ms. Fran O'Donnell**  
State Education Department  
Room 546 Education Department  
Albany, NY 12234-0001  
(518) 473-8781

**Mr. David Andreozzi**  
Department of Education  
225 Westminster, Shepherd Bldg  
Providence, RI 02903-3400  
(401) 277-2712

**Ms. Josephine Busha**  
Department of Education  
Mantpelier, VT 05602-2703  
(802) 828-2447

### **Southeast Region**

**Ms. Ann Wilson**  
Alabama Department of Education  
50 North Ripley Street  
Montgomery, AL 36130-3901  
(334) 242-8225

**Mr. George Sneller**  
Florida Department of Education  
325 W. Gaines Street- Room# 804  
Tallahassee, FL 32399-0400  
(904) 488-7646

**Mr. Michael F. Vollmer**  
Department of Education  
148 International Blvd. Suite 525  
Atlanta, GA 30303-0771  
(404) 656-5957

**Mr. William P. McElwain, Jr.**  
Department of Education  
500 Mera Street  
Frankfort, KY 04601  
(502) 573-4390

**Mr. Charles Kirby**  
Department of Education  
550 High Street, Suite 1601  
P.O. Box 771  
Jackson, MS 39205-0771  
(601) 359-2509

**Mr. John Murphy III**  
Department of Public Instruction  
301 N. Wilmington Street  
Raleigh, NC 27601-2825  
(919) 715-1940

**Mrs. Vivian B. Pilant**  
Department of Education  
Rutledge Building, Rm# 201  
1429 Senate Street  
Columbia, SC 29201  
(803) 734-8195

**Ms. Sarah White**  
School Nutrition Programs  
710 James Robertson Parkway  
Nashville, TN 37243-0389  
(615) 532-4714

**Ms. Mary Logan**  
Dept of Agriculture  
P.O. Box 40627, Melrose Station  
Nashville, TN 37204  
(615) 360-0165

### **Southwest Region**

**Dorothy Caldwell**  
Department of Education  
Executive Building, Suite 404  
2020 West 3rd Street  
Little Rock, AR 72205-4465  
(501) 324-9502

**Ms. Mary E. Tauzin**  
Department of Education  
P.O. Box 94064  
Baton Rouge, LA 70804-9064  
(504) 342-3720

**Ms. Corrine Lovato**  
Department of Education  
120 S. Federal Place, Room 207  
Santa Fe, NM 87501-2786  
(505) 827-1821

**Ms. Dee Baker**  
Department of Education  
2500 N. Lincoln Blvd., Room 310  
Oklahoma City, OK 73105-4599  
(405) 521-3327

**Mr. Tommy White**  
Department of Human Services  
P.O. Box 25352  
Oklahoma City, OK 73125-0352  
(405) 521-3524

**Mr. John D. Perkins**  
Texas Education Agency  
1701 North Congress Avenue  
Austin, TX 78701-1494  
(512) 463-8979

**Sally Griffin Foshko**  
Department of Human Services  
P.O. Box 149030  
Austin, TX 78714-9030  
(512) 483-3941

### **Western Region**

**Kathleen A. Hays**  
Department of Education  
801 West 10th St., Suite 200  
Juneau, AK 99801-1894  
(907) 465-8708

**Mr. Eugene Palvo**  
Department of Education  
Pago Pago, AS 96799  
9-10288-011-684/633-2363

**Ms. Lynn E. Dulin**  
Department of Education  
1535 West Jefferson Avenue  
Phoenix, AZ 85007  
(602) 542-8723

**Mr. Duwayne Brooks**  
Department of Education  
P.O. Box 944272  
Sacramento, CA 94244-2720  
(916) 322-2187

**Mr. Justo Quitugua**  
Deputy Commissioner of Administration  
Commonwealth of Northern Mariana Islands  
Saipan, CM 96950  
9-10288-011-670/322-4051,-4052,-4053

**Ms. Gail Hendricks**  
Guam Public School System  
P.O. Box DE  
Agana, GU 96910  
(705) 472-8901

**Mr. Eugene Kaneshiro**  
Department of Education  
1106 Kaka Head Avenue  
Honolulu, HI 96816  
(808) 733-8400

**Ms. Patricia A. Ruyle**  
P.O. Box 83720  
Boise, ID 83720-0027  
(208) 334-3106

**Ms. Jean Baecher-Brown**  
Department of Education  
700 East 5th Street  
Carson City, NV 89710  
(702) 687-9154

**Mrs. Rachelle Bagley**  
Department of Education  
700 Pringle Parkway, SE  
Salem, OR 97310-0290  
(503) 378-3579

**Ms. Betty Marcelynas**  
Office of Superintendent of Public Instruction  
P.O. Box 47200  
Olympia, WA 98504-7200  
(206) 753-3580



# FOR INFORMATION AND ASSISTANCE FROM YOUR STATE NUTRITION EDUCATION AND TRAINING COORDINATOR

These individuals are great resources of nutrition education materials including Scholastic's Team Nutrition Teacher Classroom Kits. They also can provide assistance with training and technical assistance for food service professionals. They are familiar with Team Nutrition materials and available Team Nutrition training opportunities.

Most State NET Coordinators have resource libraries and loan materials to schools. Many States award mini-grants to local schools for nutrition education projects through the NET Program.

**Sallye Henderson**

Department of Education  
549 Gordon Persons Building  
Montgomery, AL 36130-3901  
205-242-8225

**Kathleen A. Hays**

Department of Education  
801 W.10th St., Suite 200  
Juneau, AK 99801-1894  
907-465-8708

**Kathy L. Rice**

Department of Education  
1535 West Jefferson  
Phoenix, AZ 85007  
602-542-8713

**Wanda Shockey**

Dept. of Education  
2020 W.3rd/Su.404  
Little Rock, AR 72205  
501-324-9502

**Marilyn Briggs**

Department of Education  
P.O. Box 944272  
Sacramento, CA 94244  
916-322-6308

**Judy Schure**

Department of Education  
201 E.Colfax Ave.,R209  
Denver, CO 80203  
303-866-6661

**Susan Fiore**

Department of Education  
25 Industrial Park Road  
Middletown, CT 06457  
203-638-4236

**David Bowman**

Department of Public Instruction  
P.O. Box 1402  
Dover, DE 19903  
302-739-4717

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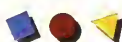
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# FOR INFORMATION AND ASSISTANCE FROM TEAM NUTRITION SUPPORTERS AND PARTNERS

These organizations support the mission and principles of Team Nutrition. Contact your USDA Regional Team Nutrition contacts (page 29) for names and addresses of local affiliates in your community.

ADVOCAP, Inc.  
Agricultural Women's Leadership Network  
Agenda for Children  
Alivio Medical Center  
American Academy of Pediatrics  
American Alliance for Health, PE, Rec. & Dance  
American Association of Family & Consumer Sciences  
American Bakers Association  
American Cancer Society  
American College of Physicians  
American College of Preventive Medicine  
American Culinary Federation  
American Dietetic Association  
American Farm Bureau Federation  
American Federation of School Administrators  
American Federation of Teachers  
American Fine Foods  
American Health Foundation  
American Heart Association  
American Heart Association, MD Affiliate  
American Institute for Cancer Research  
American Institute of Wine & Food  
American Meat Institute  
American Medical Association  
American Medical Student Association  
American National CattleWomen, Inc.  
American Nurses Association  
American Oat Association  
American Psychological Association  
American Public Health Association  
American School Food Service Association  
American Society for Clinical Nutrition, Inc.  
Archer Daniels Midland Company  
Archway Cookies  
Association for Children of New Jersey  
Association for the Advancement of Health Education  
Association of Maternal & Child

Health Programs  
Association of State and Territorial Public Health Nutrition Directors, ASTPHND  
Aurora Project., Inc.  
Beef Products  
Bennington-Rutland Opportunity Council (BROC)  
Better Baked Pizza  
Big Brothers/Big Sisters of America  
Blue Diamond Growers  
Boy Scouts of America  
Bread for the World  
Brooks Foods  
Bumble Bee Seafoods  
California Apricot Advisory Board  
California Beef Council  
California Department of Education  
California Food Policy Advocates  
California Fresh Carrot Advisory Board  
California Prune Board  
California Tomato Growers Association  
Campaign for Food Literacy  
Cancer Research Foundation of America  
Careers Through Culinary Arts Program  
Center for Environmental Education  
Center for Science in the Public Interest  
Center on Hunger, Poverty & Nutrition Policy/Tufts University School of Nutrition  
Cherry Marketing Institute  
Children's Action Network  
Children's Defense Fund  
Children's Foundation  
Children & Families of Iowa  
Citizens for Missouri's Children  
Citizens for Public Action on Cholesterol  
City of Columbus, Health Department  
Combined Health District of Montgomery County  
Community Kitchen of Monroe County, Inc.  
Comstock Michigan Fruits  
ConAgra, Inc.  
Congressional Hunger Center  
Consumer Federation of America  
Cooperative State Research, Education & Extension Service, USDA  
Corning Consumer Products Company  
Council of Agricultural Science & Technology  
Council of the Great City Schools  
Culinary Institute of America  
Curtice Burns Foods  
Dairy Council of Central States  
Dairy Council Mid East

Diet Workshop  
DINE Systems  
Dole Food Company, Inc.  
Draper King Cole, Inc.  
Eastern Shore Seafoods Products  
Eastside Community Ministry  
Family Nutrition Program/Purdue University Cooperative Extension Service  
Fimast Supermarkets  
Finger Lakes Packaging  
Florida Department of Citrus  
Focus: Hope  
Food Chain  
Food Marketing Institute  
Food Play  
Food Research & Action Center  
Food Service System Management Education Council  
The Food to Grow Coalition  
Furman Foods, Inc.  
Gehl's Guernsey Farms, Inc.  
General Mills, Inc.  
Georgia Department of Agriculture  
Giant Food Inc.  
Gilroy Canning Company, Inc.  
Girl Scouts of the USA  
Gleaners Foodbank of Indiana, Inc.  
Green Thumb, Inc.  
Health Matters!  
HJ Heinz Company  
House of Mercy Daycare  
Hormel Foods Corporation  
Howard Foods, Inc.  
Hudson Specialty Foods  
Hunger Action Coalition  
Husman Snack Foods  
Indiana Agricultural Leadership Institute  
International Apple Institute  
International Food Information Council  
International Food Service Distributors Association  
J.R. Simplot Co.  
James Beard Foundation/Dando & Co.  
Jewish Healthcare Foundation of Pittsburgh  
Johnson and Wales University  
Kankakee County WIC Program  
Kelly Foods, Inc.  
Kent State University, School of Family and Consumer Studies  
KIDSNET  
Lakeside Foods, Inc.  
Land O'Lakes Custom Products Division



LDS Church Welfare Services  
 Life Lab Science Program  
 MAGNAtracker Company  
 Maudester Farmer  
 Marriott Management Services  
 Marvel Entertainment Group  
 Mella Smello  
 Michigan Apple Committee  
 Michigan Asparagus Board  
 Michigan Plum Advisory Board  
 Michigan Red Tart Cherry Information  
 committee  
 Minnesota Cultivated Wild Rice Council  
 Minnesota Extension Service  
 Minnesota Food Education &  
 Resource Center  
 Minnesota Food Share  
 Mathers & Others for a Livable Planet  
 Muir Glen Organic Tomato Products  
 Nalley's Fine Foods/Division of  
 Curtice Burns  
 National 4-H Council  
 National Alliance of Vietnamese-  
 American Service Agencies  
 National American Wholesale  
 Gracers Association  
 National Association for Family &  
 Community Education  
 National Association for Sport &  
 Physical Education  
 National Association of Elementary  
 School Principals  
 National Association of Psychiatric  
 Treatment Centers for Children  
 National Association of School Nurses  
 National Association of School  
 Psychologists  
 National Association of State NET  
 Coordinators  
 National Association of WIC Directors  
 National Black Child Development  
 Institute  
 National Black Nurses Association  
 National Black Women's Health Project  
 National Broiler Council  
 National Cattlemen's Beef Association  
 National Consumers League  
 National Council of LaRazo  
 National Dairy Council  
 National Dental Association  
 National Dry Bean Council  
 National Education Association  
 National Extension Association of  
 Family and Consumer Sciences

National Farmers Organization  
 National Farmers Union  
 National Fisheries Institute  
 National Fitness Leaders Association  
 National Food Service Management  
 Institute  
 National Future Farmers of America  
 National Grange  
 National Heart Savers Association  
 National Medical Association  
 National Osteoporosis Foundation  
 National Pasta Association  
 National Peach Council  
 National Park Producers Council  
 National PTA  
 National Puerto Rico Coalition  
 National Restaurant Association  
 National Rural Electric Cooperative  
 Association  
 National School Health Education Coalition  
 National Turkey Federation  
 National Urban League  
 New England Dairy Food Council  
 North Atlantic Sardine Council  
 North Carolina Sweet Potato Commission  
 Northwestern University Settlement  
 Nutrition Council  
 Ocean Spray Cranberries, Inc.  
 Ohio Hunger Task Force  
 Ore-Ida Foods, Inc.  
 Organization of Chinese Americans  
 Our Daily Bread  
 Pennsylvania Coalition on Food &  
 Nutrition  
 Perdue Farms, Inc.  
 The Potato Board  
 President's Council on Physical Fitness  
 & Sports  
 Praxair & Gamble USA  
 Produce for Better Health Foundation  
 (5-A-Day)  
 Produce Marketing Association  
 Produce Productions, Inc.  
 Public Voice for Food & Health Policy  
 Quaker Oats Company  
 Quivira Council, Boy Scouts of America  
 Randall Foods Products, Inc.  
 RC Fine Foods  
 Sabatasso Foods, Inc.  
 Scholastic, Inc.  
 School Nurse Organization of Minnesota  
 Second Harvest National Foodbank  
 Network  
 Second Harvest - St. Paul

Second Harvest - Tri-State Food Bank, Inc.  
 Shape Up America  
 Share Our Strength  
 Snyder of Berlin  
 Society for Nutrition Education  
 Society of State Directors of Health,  
 Physical Education and Recreation  
 Southeast Alaska Health Consortium  
 Southern Frozen Foods  
 Soy Protein Council  
 Squab Producers of California  
 St. Louis District Dairy Council  
 The Sugar Association  
 Sunkist Growers, Inc.  
 Sunshine Biscuits  
 Texas Citrus & Vegetable Association  
 Tim's Cascade Chips  
 Tony's Food Service Division  
 Townsend Culinary, Inc.  
 Tree Top, Inc.  
 United Soybean Council  
 United States Department of Education  
 United States Department of Health &  
 Human Services  
 The Urban Coalition  
 University Extension, University of Missouri  
 University Extension, Schuyler County  
 University of Cincinnati Nutrition  
 Program & Nutrition Learning Center  
 University of Hawaii Cooperative  
 Extension Service  
 University of Nebraska Cooperative  
 Extension Service  
 University of Wyoming, Cooperative  
 Extension Service  
 Urban Family Institute  
 The Urban Mission  
 USA Dry Pea & Lentil Council  
 USA Rice Federation  
 USA TODAY  
 Van Camp Seafood Company, Inc.  
 Vegetarian Resource Group  
 Virginia Apple Growers Association  
 Voices for Children in Nebraska  
 Walnut Hills/Over The Rhine Kitchen  
 The Walt Disney Company/Bueno  
 Vista Pictures Division  
 Washington State Dairy Council  
 Wawona Frozen Foods  
 Wheat Foods Council  
 Wisconsin Nutrition Project  
 Wisconsin Rural Development Center, Inc.  
 World Hunger Year  
 Zartco, Inc.





# USDA'S TEAM NUTRITION



## Mission

To improve the health and education of children by creating innovative public and private partnerships that promote food choices for a healthful diet through the media, schools, families, and the community.

## Principles

Supporters of Team Nutrition share these common values:

1. We believe that children should be empowered to make food choices that reflect the Dietary Guidelines for Americans.
2. We believe that good nutrition and physical activity are essential to children's health and educational success.
3. We believe that school meals that meet the Dietary Guidelines for Americans should appeal to children and taste good.
4. We believe our programs must build upon the best science, education, communication and technical resources available.
5. We believe that public/private partnerships are essential to reaching children to promote food choices for a healthful diet.
6. We believe that messages to children should be age appropriate and delivered in a language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
7. We believe in focusing on positive messages regarding food choices children can make.
8. We believe it is critical to stimulate and support action and education at the national, state and local levels to successfully change children's eating behaviors.





United States Department of Agriculture  
Food and Consumer Service

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